

KRISHNA KATHA DESH - BHAKTIVRIKSHA DEPARTMENT

GITA SADHANA					
DAYS	CHAPTER	TITLE	SLOKAS	TRANSLATIONS	SLOKA-Translation-PURPORT (STP)
Day-1	1	Arjuna-Visada-Yoga	Recite all slokas (1 to 46)	Read all translations (1 to 46)	Recite Sloka, Read Trans & Read Purport of Bg 1.1
Day-2	2	Sankhya-Yoga	Recite all slokas (1 to 72)	Read all translations (1 to 72)	Recite Sloka, Read Trans & Read Purport of Bg 1.2
Day-3	3	Karma-Yoga	Recite all slokas (1 to 43)	Read all translations (1 to 43)	Recite Sloka, Read Trans & Read Purport of Bg 1.3
Day-4	4	Jnana-Yoga	Recite all slokas (1 to 42)	Read all translations (1 to 42)	Recite Sloka, Read Trans & Read Purport of Bg 1.4
Day-5	5	Sannyasa-Yoga	Recite all slokas (1 to 29)	Read all translations (1 to 29)	Recite Sloka, Read Trans & Read Purport of Bg 1.5
Day-6	6	Dhyana-Yoga	Recite all slokas (1 to 47)	Read all translations (1 to 47)	Recite Sloka, Read Trans & Read Purport of Bg 1.6
Day-7	7	Vijnana-Yoga	Recite all slokas (1 to 30)	Read all translations (1 to 30)	Recite Sloka, Read Trans & Read Purport of Bg 1.7
Day-8	8	Taraka-Brahma-Yoga	Recite all slokas (1 to 28)	Read all translations (1 to 28)	Recite Sloka, Read Trans & Read Purport of Bg 1.8
Day-9	9	Raja-Guhya-Yoga	Recite all slokas (1 to 34)	Read all translations (1 to 34)	Recite Sloka, Read Trans & Read Purport of Bg 1.9
Day-10	10	Vibhuti-Yoga	Recite all slokas (1 to 42)	Read all translations (1 to 42)	Recite Sloka, Read Trans & Read Purport of Bg 1.10
Day-11	11	Visva-Rupa-Darsana-Yoga	Recite all slokas (1 to 55)	Read all translations (1 to 55)	Recite Sloka, Read Trans & Read Purport of Bg 1.11
Day-12	12	Bhakti-Yoga	Recite all slokas (1 to 20)	Read all translations (1 to 20)	Recite Sloka, Read Trans & Read Purport of Bg 1.12
Day-13	13	Prakrti-Purusa-Viveka-Yoga	Recite all slokas (1 to 35)	Read all translations (1 to 35)	Recite Sloka, Read Trans & Read Purport of Bg 1.13
Day-14	14	Guna-Traya-Vibhaga-Yoga	Recite all slokas (1 to 27)	Read all translations (1 to 27)	Recite Sloka, Read Trans & Read Purport of Bg 1.14
Day-15	15	Purusottama-Yoga	Recite all slokas (1 to 20)	Read all translations (1 to 20)	Recite Sloka, Read Trans & Read Purport of Bg 1.15
Day-16	16	Daivasura-Sampad-Vibhaga-Yoga	Recite all slokas (1 to 24)	Read all translations (1 to 24)	Recite Sloka, Read Trans & Read Purport of Bg 1.16
Day-17	17	Sraddha-Traya-Vibhaga-Yoga	Recite all slokas (1 to 28)	Read all translations (1 to 28)	Recite Sloka, Read Trans & Read Purport of Bg 1.17
Day-18	18	Moksa-Yoga	Recite all slokas (1 to 78)	Read all translations (1 to 78)	Recite Sloka, Read Trans & Read Purport of Bg 1.18
Day-19	1	Arjuna-Visada-Yoga	Recite all slokas (1 to 46)	Read all translations (1 to 46)	Recite Sloka, Read Trans & Read Purport of Bg 1.19
Day-20	2	Sankhya-Yoga	Recite all slokas (1 to 72)	Read all translations (1 to 72)	Recite Sloka, Read Trans & Read Purport of Bg 1.20

GITA-SADANA- is a study technique wherein we recite the slokas and read the translations of one chapter of the Gita daily. Also we recite one sloka-read one translation-and read one purport daily. It takes 15-20 min only. Daily continue the cycle of recitation of slokas & translations from chapter-1 till chapter-18 - by completing one chapter each day- but on day-19 ontinue reading of purport of 1.19 and so on and so forth till the completion of the purport of Bg18.78....and then again begin the cycle all over again from Bg 1.1.

**Lord Krsna says in 18.70:
adhyeṣyate ca ya imam
dharmaṁ samvādam āvayoḥ
jñāna-yajñena tenāham
iṣṭaḥ syām iti me matiḥ**

And I declare that he who studies this sacred conversation of ours worships Me by his intelligence.